

COACHING CLINIC

SUNDAY 27 NOVEMBER 2016

**AT CAERAU DRAGON BOWMEN, ST RICHARD GWYN RC HIGH
SCHOOL, ARGAE LANE, BARRY. CF63 1BL
FOR ARCHERS FROM UNCLASSIFIED TO MASTER BOWMEN WHO
WANT TO IMPROVE THEIR STANDARD OF ARCHERY.**

**THE CLINIC IS BEING RUN BY DENISE DAVIES A FORMER BRITISH
INTERNATIONAL ARCHER AND BRITISH CHAMPION, QUALIFIED AS A MASTER
BOWMAN FOR OVER TWENTY YEARS AND GRAND MASTER BOWMAN FOR
SEVERAL OF THOSE YEARS. A COUNTY COACH FOR OVER THIRTY YEARS.**

TIME: ASSEMBLE AT 9.30 AM FOR START AT 10.00AM. FINISH AT 3.30PM

**THIS IS AN INTENSIVE ONE DAY COURSE AND WE HOPE TO COVER THE
FOLLOWING:**

**WARMING UP THE BODY BEFORE SHOOTING.
PERSONAL COACHING AND EQUIPMENT CHECK.
LEARNING TO CONCENTRATE ON YOUR SHOT THROUGH THE DRAW AND
LOOSE.
TRAINING IN YOUR CLUB AND HOME.
TRAINING FOR TOURNAMENTS IN YOUR CLUB.
DEVELOPING A FITNESS PROGRAMME TO IMPROVE YOUR STAMINA AND
STRENGTH FOR ARCHERY TOURNAMENTS AND GOOD HEALTH.
KEEPING A DIARY OF YOUR TRAINING.
COOLING DOWN THE BODY AFTER SHOOTING.**

COST: £15

LUNCH BREAK: PLEASE BRING A LIGHT LUNCH

**JUNIORS: YOUNG PEOPLE UNDER 18 YEARS MUST BE ACCOMPANIED
BY A PARENT OR LEGAL GUARDIAN.**

**PLEASE MAKE YOUR CHEQUE PAYABLE TO: DENISE DAVIES
AND SEND WITH YOUR ENTRY FORM TO: 16 GRISEDALE CLOSE, PENYLAN,
CARDIFF. CF23 5NX.
TEL: (029) 20484509**

CLOSING DATE: SATURDAY 19 NOVEMBER 2016

ENTRY FORM.....
COACHING CLINIC

NAME:..... MAP REQUIRED: YES/NO

ADDRESS:.....

POSTAL CODE:.....TEL:.....EMAIL:.....

ARE YOU UNDER ANY MEDICATION FROM THE DOCTOR? YES / NO
IF YOU ARE UNDER MEDICATION PLEASE SIGN BELOW TO CONFIRM THAT YOUR
DOCTOR HAS GIVEN YOU PERMISSION TO PARTICIPATE IN ARCHERY.

SIGNED:.....DATE:.....

PLEASE PRINT NAME:.....

RECURVE ARCHERS PLEASE STATE YOUR DRAW LENGTH:.....

AND HOLDING WEIGHT AT FULL DRAW:.....

COMPOUND ARCHERS PLEASE STATE THE PEAK WEIGHT OF YOUR BOW:

AND HOLDING WEIGHT AT FULL DRAW:.....

PLEASE NOTE THAT IF THE COACHES CONSIDER THAT YOU ARE OVER BOWED YOU
WILL BE REQUIRED TO REDUCE YOUR DRAW WEIGHT.

